**East Burke**

**Football**



**Nutrition Guide**

Nutrition Guidelines

* To develop into lean, injury-free, explosive athletes, we need to place a high priority on what we put into our body.
* Treat your nutrition plan like a campfire. You must consistently throw logs on the fire for it to continue. If you don’t, the fire burns out. If you do not consistently put nutrients into your body, you will burn out by using muscle as fuel and counteract the effects of lifting.
* Eat BREAKFAST! After sleeping for 8 hours, your body needs a “break” from a “fast.” Think of breakfast like a racecar. A racecar begins a race with a full tank of gas and when fuel runs low, they stop and put more gas in the tank. Imagine a racecar starting a race with no fuel, or a little fuel left from the race before. It would putter out early in the race. Treat your body like a racecar and fill up before your day begins (no later than 90 minutes after waking up) and keep filling up your tank throughout the day.
* If these factors are ignored and an athlete does not properly fuel their body, they are getting little to no benefit from their workout, and can be counterproductive, as the body will actually use muscle as energy; eating away at the muscle you work hard to build in your body.

As an Athlete, What Should My Diet Look Like?

**Carbohydrates**:

The body’s primary source of energy. The majority of Carb intake should be Complex (grains), not Simple (sugars).

Veggies are fibrous source of carbs that should be eaten with every meal.

Carbs not used as fuel will be stored as extra calories…FAT!

**Proteins**:

The building blocks for muscle. Protein is used to repair and rebuild muscle fibers.

Post workout meal should consist of a large amount of protein with carbs. The ½ hour following workout is called the “window of opportunity.”

**Fats**:

Fat should make up no more than 20% of your total caloric intake.

It is important no to completely cut fat from your diet to insure vitamins A, D, E & K absorption.

Know the difference between good fat and bad fat:

**Good Fats**: Peanut Butter, Flax seed/oil, Fish oil, Nuts, Vegetable oils, Avocado, EVOO

**Bad Fats**: Anything fried, Saturated fats, Coconut oil, Palm oil.

**Supplements**:

Supplements do exactly what the name says…**supplement** a balance diet! If it sounds too good to be true, it probably is!

**Good choices**:

Protein supplements, such as powder, bars, etc.

A generic multi-vitamin to insure RDA’s are met.

Grocery List

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| **Protein****Meat**90% or higher lean ground beefBoneless/skinless chicken breastSteak HamPork SirloinPork TenderloinsTurkey BreastTurkey TenderloinsLunch Meat**Fish**CodCrabScallopsShrimpOrange RoughyTunaHalibut**Dairy**Lowfat CheeseCottage CheeseEggsSkim MilkYogurt-Lite**Beans**KidneyPintoRefriedBaked | **Carbs****Breads**Whole Grain WheatRyeTortillas**Cereals**Special KToasted Oatmeal SquaresGrape Nut FlakesBran Shredded WheatHigh Fiber Cereals=Best**Potatoes**RedSweet**Rice**BrownRed Beans and RiceBlack Beans and Rice**Fruit**ApplesBananasGrapesOrangesStrawberriesPeaches PearsKiwiCherriesBlueberriesFrozen | **Vegetables****Frozen**BroccoliCabbageCarrotsCauliflowerCeleryCornCucumbersAsparagusGreen BeansLettuceMushroomsOnionPeasBell PeppersTomato**Add-Ons**Non-fat butter sprayHoneyOlive OilVinegar-any kindSalsaLite Soy SauceMarinaraBBQ sauceKetchup/MustardSalad Dressing-low fatMiracle Whip Lite**Snacks**Baked LaysPopcornPretzelsTortilla Chips |

Sample Daily Food Plan

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| --- | --- | --- | --- | --- | --- |
| **Breakfast****Before School**Eat food or protein shake w/ carbs**Lean Proteins**EggsFat Free cottage cheeseHamLow Fat YogurtOmeletsSkim Milk**Quality Carbs**Fresh FruitOats/GrainsOatmealWhole Grain BreadsHigh Fiber Cereals | **Snack #1****After 1st Block**Food and/or Meal Replacement**Food**Trail mix**Meal Replacement**Protein BarProtein Shake | **Lunch****At School**Lean ProteinsChicken BreastTurkey BreastTuna HamRoast Beef**Quality Carbs**Fresh FruitVegetablesPotatoes, not friedWhole Grain BreadsBaked Lays**Salad** | **Snack #2**After SchoolPost WorkoutChocolate MilkProtein ShakeProtein BarPB & J | **Dinner****5-7 pm**Whatever is for dinner**Lean Proteins**Chicken BreastSteakTurkeyShrimpFish**Quality Carbs**BeansFresh FruitPotatoes, not friedBrown RiceSweet PotatoesVegetablesWhole Grain Breads**Salad** | **Snack #3****If needed**Cottage Cheese½ Sandwich1 tsp Peanut ButterChocolate MilkSmall Protein Shake½ Protein BarPopcornLeft Overs |

\*\*Food suggestions are not limited to what you see, be smart and make quality choices.

\*\*It is better to eat bad then not at all.

\*\*Do not skip meals.

Put together meals by starting with a lean protein, add veggies and consume carbs when you need them. If you are working out that given day, you need them before and after your workout.

**Food Preparation:**

The way meats and foods are prepared is IMPORTANT!

Vitamins and minerals lost and fat content are effected by the way foods are prepared.

This list will help you prepare food at home or help when eating out.

If you have any questions, so not hesitate to ask.

BEST-Baked, Smoked, Steamed, Barbequed, Boiled, Grilled, Poached.

GOOD-Braised, Broiled, Roasted, Rotisserie, Simmered, Stewed.

WORST-Deep Fried, Pan Fried, Sautéed.

\*These are NOT all the ways that foods are prepared…this should help you on your way.

\*They are not ranked in any way.

**Eating on the go/good fast food choices:**

Fortunately, it has become easier to eat healthy on the road.

Good Choices:

Subway-load up on the veggies, especially spinach…avoid the meatball and pastrami.

BK&McD-Broiled chicken sandwich (no mayo), salad w/ low fat dressing…NO FRIES!

Pizza-Veggie, ham/pineapple, BBQ Chicken. Avoid white sauce and fatty meat.

Taco Bell/Mexican-Bean Burrito, chicken taco/burrito…ask for boiled beans, if possible.

\*Avoid soda, sugary drinks, and milkshakes…H2O and skim milk when possible.

**Hydration**

Fluids in the body have numerous functions and are essential to well being and life. For an athlete, excessive sweating is an everyday occurrence and as sweat evaporates from the skin, it cools they body and regulates body temperature. If we do not drink enough water, the body will begin to overheat, leading to low performance and even dangerous consequences. **Make drinking water a daily routine by stopping at the drinking fountain between each class.** Keep in mind that drinks with caffeine work against hydration. You should drink enough H2O to urinate at least 4 times daily.